

Hi, I'm Alex

Posted by alex94 - 28 Mar 2025 13:45

Hi, I'm Alex.

I'm a incurable overthinker and I never feel like I express myself adequately, so I have been delaying from introducing myself.

I started struggling with P&M 12 years ago. I had been fixated on women in an extreme way from puberty.

Recently, what worked for me was [my angel and tzadik of a therapist] focusing on everything else in my life other than P&M. Im 6+ years into meaningful therapy and I have much work before me.

I have been working to break free since before I had a P&M issue. There is plenty else in life to break free from.

I firmly believe that many who struggle don't have a P&M issue, they have a Dad issue, or a 4th grade Rebbe issue, or myriad other life challenges that make them vulnerable to P&M.

Recently, after a fairly rare fall, I felt that I reached enough health in my life to get my P&M under more tight control than it had been. I'm married with kids BH and I owe it to my wife, my kids and myself:

- a. To be clean
- b. To be able to carry myself as an upstanding individual
- c. To be as emotionally available as possible for them and as least self absorbed as possible

I remembered GYE from years back, I had opened a link about something with a rubber band and it seemed so superficial to me I had never revisited.

But a quick Google and wow! A forum? A place to waste time and trade ideas? Sign me up!

But then I see the whole set up with the three circles, action plan and 90 day goal.

Could I make it? Surely it was too long a period for something to not come and knock me out of equilibrium.

My triggers are not seeing attractive or scantily clad women or men.

My trigger is extreme emotional pain and deep feelings of loneliness, low self worth, being undesired and rejected.

I decided to start and set a goal of 70 days. That felt more manageable.

Here I am 89 days later. It wasn't a easy 89 days. Some painful health issues have come up, and there was some intense emotional upheaval. But with support of the many wonderful people here, Im alive and kicking.

One of my greatest challenges is celebrating, giving myself credit for my wins and feeling a sense of achievement.

Thank you everyone here, each of you is an inspiration. Thank you to everyone I have been in touch with, spoken to, texted, and emailed. Your time and care is the most priceless gift you could give.

The existence of such a forum and the time, effort and care put in to it by all the amazing mentors and members is a mighty testament to ?????? ?????? ???. In this mad world of depravity, immorality, and twisted liberal values playing on humanity's most base desires, here is a group of people united in their quest to live as Hashem wants and bring up their children that way too, even when it's the most uphill battle.

The power of this forum is twofold.

One is the platform to hear about the struggles and successes of others and for the deep realization I'm really not alone to sink in. The camaraderie, jokes, encouragement and deep discussion are incredible and provide invaluable support.

The second aspect is the incredible opportunity to reach out to and receive from the most caring validating accepting mentors. You do not get this opportunity anywhere else on the planet and I think many don't realize what this can do for you.

Thank you Hashem for 90 clean days. Every day is a gift. Please help me appreciate each gift and love you back a fraction of what you love me. Please help me and everyone here grow into better more connected people.

Lechaim!

A gut shabbos and a gut chodesh!

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Re: Hi, I'm Alex

Posted by alex94 - 11 Apr 2025 15:48

I'm honored to have the great Grant comment on my thread.

I've been exposed to CBT practitioners since I was young. What was always lacking was my motivation and sense of self to really believe in the change that was needed and do the work.

BH through extensive therapy and work I have upgraded my standard of self-care to being clean and keeping track of being clean.

I'm davening to Hashem that this Pesach should be the beginning of a new Aliya in me taking better care of myself on a new level and working on things like anxiety.

Wishing everyone here meaningful experience of their innate freedom this Pesach, no matter in what bondage they seem to find themselves. May we be all be able to envision what freedom we seek to get to, and may we be more free to pursue our destiny than we could ever imagine.

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Re: Hi, I'm Alex

Posted by alex94 - 20 Apr 2025 16:14

An inspiring thought I heard from Reb Shimon Spitzer that I want to take with me from Pesach.

When we are in any kind of constriction or Galus it is of course divinely orchestrated.

There is a subtle choice however, in what we do with this information.

Sometimes one may think his job is to stay in this situation and put up with it.

The answer to this is that when a Yid is in a situation that is weighing down on him and he can't serve Hashem beSimcha, Hashem certainly wants him to come out of this situation. The Shechinah itself is in exile and in Tzaar with this Jew, because Hashem's presence cannot be fully manifested through him in this state.

So part of being open to redemption is working to not make ourselves a permanent residence in whatever transitory stage of Egypt we are in, working on our relationship with Hashem from wherever we are and at the same time doing what we can to get out of this situation.

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Re: Hi, I'm Alex

Posted by PaulONeill21 - 21 Apr 2025 14:39

Thanks for sharing on my post I resonate with lots of what u said except for 89 days and I love my dad (and 4th grade Rabbi was ok) but I have been a victimized by two other people creating

massive anxiety and P&M issues that I have never gotten over. I have had a 35-day streak in the summer and recently 19 but the demons always come back. The war here has not helped at all the last 18 months but it is what it is. I wish I had the magic answer but its always the same vicious cycle.

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Re: Hi, I'm Alex

Posted by alex94 - 21 Apr 2025 16:32

I lived in the vicious cycle for many years. It feels inescapable, but I assure you that with the right work it is very attainable.

It sounds like you have been through a lot. Being victimized can have far reaching effects. Kol hakavod for fighting!

Have you looked into getting professional help to deal with your life experiences?

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Re: Hi, I'm Alex

Posted by PaulONeill21 - 21 Apr 2025 17:34

Yes I have but not in many years. Loads of money and mostly unhelpful.

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Re: Hi, I'm Alex

Posted by alex94 - 21 Apr 2025 18:54

[PaulONeill21 wrote on 21 Apr 2025 17:34:](#)

Yes I have but not in many years. Loads of money and mostly unhelpful.

Im sorry to hear about your negative therapy experience. I did my fair share of unhelpful therapy too.

Have you reached out to any of the amazing mentors here? Thats a great first step.

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Re: Hi, I'm Alex

Posted by PaulONeill21 - 21 Apr 2025 19:05

I have been it touch with someone from GYE a real Tzadik but I have not taken the step to speak with him by phone, I'm just not there yet.

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Re: Hi, I'm Alex

Posted by alex94 - 21 Apr 2025 19:16

A post on a different thread asking if it would be helpful to stop going to Mikva brought up so much for me.

At the beginning of my struggle I would run to the Mikva right away and feel subhuman until I did so. I continued this for many years. At the same time, the Mikva can be a triggering place for many reasons (SSA, Shower etc). I ended up deciding the subhuman feeling was obsessive because I felt it was forcing me to trigger myself. Even when this was less of a challenge, the Mikva for me became a part of the vicious cycle of M and P+M. It was a place of frustration, not of rebirth.

I stopped going. Nearly totally.

Now I go sometimes, but I don't feel the "need" to go, and rarely feel "cleansed" after going.

For me this comes back to a more general question of how on experiences life. For me, in the thick of my P+M, it was extreme ups and downs.

Part of my journey has been to surrender to not having that kind of up that leaves me unable to integrate it into my life and therefore "crash landing". Also surrendering to doing the work and not trying to solve my issue through "spiritual" means.

I'm slowly rediscovering how to be inspired in a healthy way. I think it's fine for Mikva to be just like Davening, sometimes it's more inspiring than other times. I just wished I believed in it like Davening and did it more often...

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Re: Hi, I'm Alex

Posted by yitzchokm - 21 Apr 2025 19:34

I am familiar with the unhealthy feelings that can accompany P&M and Mikvah. It comes from having an unhealthy attitude toward our struggles. We should feel privileged to have our struggles instead of having the negative emotions about them that we are fed by the Yetzer Hora and unhealthy education. The book TBOTG can help a lot with this.

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Re: Hi, I'm Alex

Posted by alex94 - 01 May 2025 15:10

Been feeling very down. Alot of turmoil in life right now.

I am trying to remind myself that I deserve giving myself credit and appreciating my growth even if some painful wounds have been uncovered. In the past I would never been able to get through half of this and stay clean.

Hashem please help me appreciate the immense gifts you have given me and believe that great things will come from this transitory stage.

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Re: Hi, I'm Alex

Posted by alex94 - 18 May 2025 17:13

I recently had the immense privilege of meeting one of you in person. My frosty exterior hid my heart that was simultaneously overflowing with warmth and really insecure... What a blessing it is to not be alone in this fight.

Alot of emotional turmoil lately. Progress feels very slow. Deep down I know things are moving. Real things.

Patience.

Hashem please help me be patient.

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Re: Hi, I'm Alex

Posted by alex94 - 20 May 2025 07:05

Yesterday I had the incredible zchus of meeting a giant- vekham. Im not very good at poetry or the like, but regular words certainly wont do justice... Il share my notes here, maybe it will be of use to someone. Il try to add as i recall more. I hope and pray to properly utilize these incredible gifts from such an open heart.

Power, heart.

Strength, yearning.

Resolute, learning.

God, father.

Master, helper.

Love, always.

Clean, today.

Destination, connection.

Focused forward motion.

Prayer, available.

Validation, unconditional.

Humility, must.

You are enough.

No need to bluff.

Welcome home to the real world.

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Re: Hi, I'm Alex

Posted by vehkam - 20 May 2025 12:42

The zchus was mine. You are uniquely talented and you captured so much in your post that contains incredible depth

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wishing you tremendous continued success

vehkam

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Re: Hi, I'm Alex

Posted by alex94 - 28 May 2025 16:16

Day 150 TYH

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